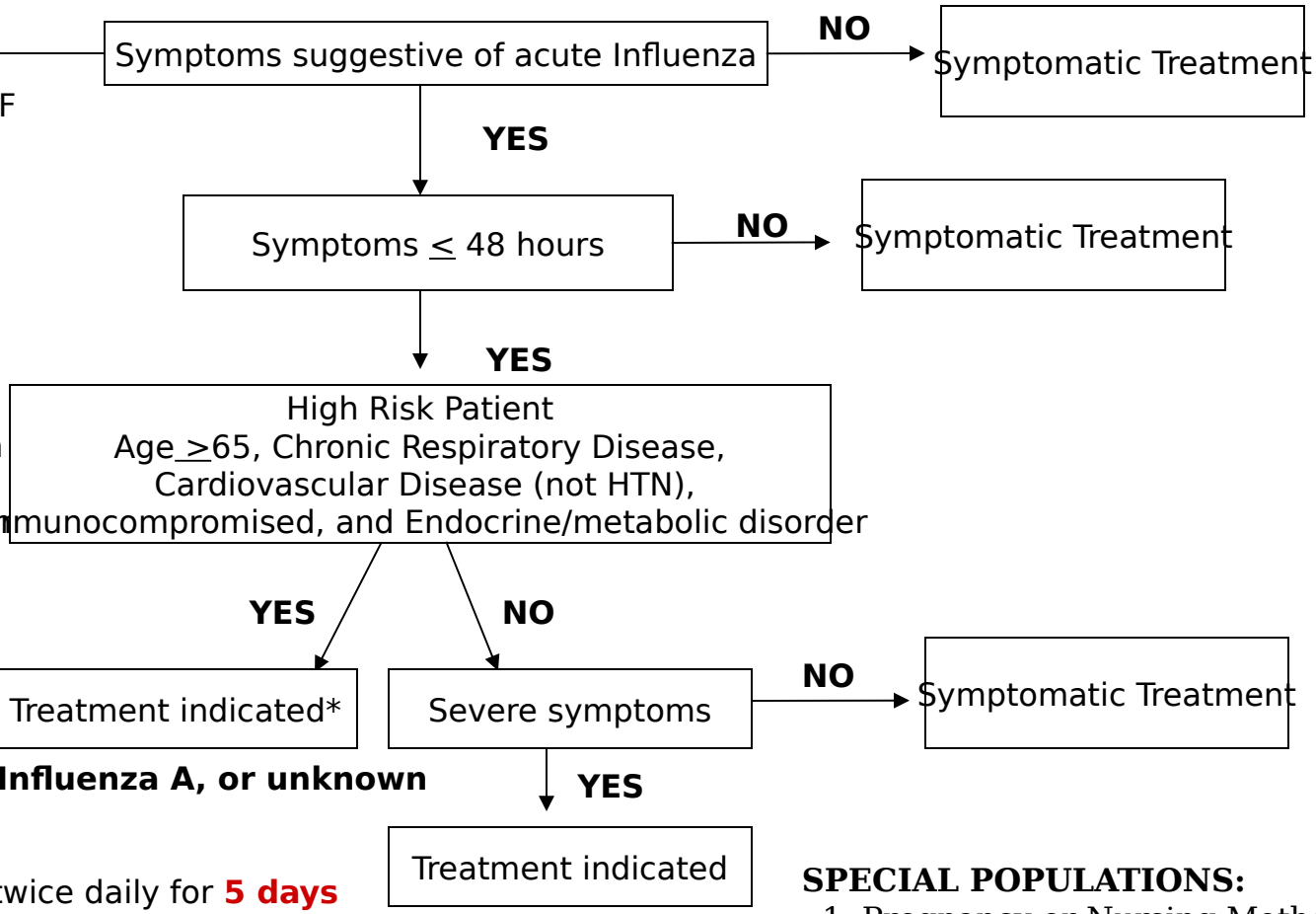
ADULT INFLUENZA PRACTICE GUIDELINE 2005/06



Required symptoms:

1. Fever ≥ 37.8ºC/ 100°F
2. Two or more of the following:
   a. Myalgia
   b. Cough
   c. Headache
   d. Sore throat
3. May have other symptoms:
   a. Nasal congestion
   b. Loss of appetite
4. NO evidence of bacterial infection

***Treatment:**

****DRUG OF CHOICE** Influenza A, or unknown influenza serotype :**

Amantadine.

Age 10-64: 100mg twice daily for **5 days**

Age ≥ 65: 100mg daily

Ccr 30-50ml/min: 200mg Day 1 then 100mg daily

Ccr 15-29ml/min: 200mg Day 1 then 100mg every other day

Ccr: <15ml/min or hemodialysis: 200mg every 7 days

Influenza B (or those not tolerating Amantadine): **Contact Inpatient Pharmacy for Availability 524-4400**

1. Oseltamivir (Tamiflu®) 75mg twice daily for 5 days

   Ccr 10-30 ml/min: 75mg every other day
2. Zanamavir (Relenza®) Two 5 mg inhalations twice daily (about 12 hours apart) for 5 days **DO NOT USE in ASTHMA, COPD , or CHRONIC RESPIRATORY DISEASE**

SPECIAL POPULATIONS:

1. Pregnancy or Nursing Mother: Symptomatic treatment only
2. History of Seizures: Avoid amantadine